**Pumpkin soup**

*Pumpkin isn’t only good at Halloween: it grows from August to December in fields here in Germany. It’s a nice vegetable for autumn, first because it’s good to keep well and fit (it contains vitamin A, B, C, D, E and phosphor) and second because it’s eco-friendly: near our home means less transport, thus less emissions.*

Ingredients:

* 1 Pumpkin
* 1 Carrot
* 2 potatoes
* 1 Onion
* 20g butter

Preparation:

1. Peel the carrot, the potatoes, and the onion. Dice them.  
   Chop the pumpkin and remove the seed.
2. In a large saucepan cook onion in butter. Add pumpkin, potatoes and carrot.
3. Cover the vegetables with water and cook for 30 minutes. Then puree with a food processor or a blender.
4. You can season it to your taste.

Clara Seck, 13, European School Munich, s3fra